**Physical Education 8 APPLICATION – Physics of Exercise**

1. What type of physical activity uses levers? Explain in detail the parts of the lever.
2. What kind of physical activity uses force when exercising? Explain in detail.
3. What is Newton’s first law and how can you relate it to some form of exercising?
4. What is Newton’s second law and how can you relate it to some form of exercising?
5. What is Newton’s first third law and how can you relate it to some form of exercising?

Watch this video

<https://www.youtube.com/watch?v=fvvHJGGctKA>

Now video yourself either bowling at a bowling alley – or you can take a ball and bowl it towards a target at your house. You must use the terms used in #1 - #5 and “coach” yourself for a better performance. For example – do you have too much force and the ball goes too fast or maybe you are rotating too much before you release the ball and it is curving too soon. Upload the video separately but evaluate yourself below. Don’t forget to use the terms from this lesson and the laws.

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Don’t forget to upload this to the dropbox labeled PE 8 Application Dropbox.